

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

Meal Components: Grains, Meat / Meat Alternate

Main Dishes, D-57r

Ingredients	50 Servings WeightMeasure	100 Servings WeightMeasure	Directions
Water	1 gal 2 1/2 qt	3 gal 1 qt	1. Boil water.
Brown rice, long-grain, regular, dry 5 lb 10 oz	3 qt 2 cups	11 lb 4 oz1 gal 3 qt	2. Place 2 lb 13 oz brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour boiling water (3 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Salt	2 1/2 tsp	1 Tbsp 2 tsp	6. Add salt to brown rice. Mix well. Set aside.
Liquid eggs	1 qt 1 cup	2 qt 2 cups	7. Whisk eggs and water.
OR	OR	OR	
Fresh large eggs, beaten	24	48	8. Lightly coat pan with pan release spray. Cook half of egg mixture. Chop and set aside for step

Vegetable oil		1/2 cup 2 Tbsp		1 1/4 cups	9. Sauté ham in vegetable oil over high heat for 2 minutes or until ham begins to brown.
Extra-lean turkey ham, diced 1/4"	1 lb 8 oz	1 qt	3 lb	2 qt	10. Reduce heat to medium. Mix in brown rice. 11. Add remaining egg mixture. Stir frequently for about 5 minutes, or until cooked.
*Fresh green onions, diced	10 oz	1 qt	1 lb 4 oz	2 qt	12. Mix in onions, spinach, chopped egg, sesame oil, and soy sauce.
Frozen chopped spinach, thawed, drained	3 lb	1 qt 2 cups	6 lb	3 qt	
OR	OR	OR	OR	OR	
*Fresh spinach, chopped	5 lb	2 gal	10 lb	4 gal	
Sesame Oil		2 Tbsp 2 tsp		1/3 cup	
Low-sodium soy sauce		2 Tbsp		1/4 cup	13. Critical Control Point: Hold for hot service at 135 °F or higher. 14. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

A local restaurant owner and chef worked with the recipe challenge team comprised of students from McDougle Elementary School and Culbreth Middle School. The team developed this recipe using the chef’s cooking style, consisting of North Carolina ingredients and Asian-inspired flavors. Stir-Fried Green Rice, Eggs, and Ham is a beautifully presented and colorful dish that will be an instant kids’ favorite, not only due to the recipe’s name, but also its taste!

Mcdougle Elementary School/Culbreth Middle School

Chapel Hill, North Carolina

School Team Members

School Nutrition Professional: Ryan McGuire

Chef: Andrea Reusing (Owner, Lantern Restaurant)

Community Members: Joe Palladino (Cafeteria Manager at Culbreth Middle School) and Liz Cartano (District Manager of the Food and Nutrition Department for Chapel Hill Carrboro City Schools)

Student: Bridget P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Green onions	12 oz	1 lb 8 oz
Spinach	5 lb 12 oz	11 lb 8 oz

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 1 oz equivalent meat/meat alternate and 1 ½ oz equivalent grains.	50 Servings: about 19 lb 8 oz 100 Servings: about 38 lb	50 Servings: about 2 gallons 2 quarts 100 Servings: about 4 gallons 3 quarts

Nutrients Per Serving					
Calories	238.44	Saturated Fat	1.36 g	Iron	1.33 mg
Protein	8.76 g	Cholesterol	73.69 mg	Calcium	53.46 mg
Carbohydrate	34.96 g	Vitamin A	1960.62 IU	Sodium	312.64 mg
Total Fat	7.09 g	Vitamin C	0.82 mg	Dietary Fiber	3.24 g